

Group Fitness Schedule

Updated 9/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Power Up 8:00 - 9:00 AM	Zumba/Strong 6:15 - 7:15 AM		Zumba/Strong 6:15 - 7:15 AM	Hours of Operation Monday -Thursday 5:00 AM - 8:00 PM Friday 5:00 AM - 7:30 PM Saturday 8:00 AM - 12:00 PM For more information, call (803) 435-5200
	Low Impact Cardio 9:15 - 9:45 AM	Power Up 8:00 - 9:00 AM	Pilates 8:00 - 9:00 AM	Power Up 8:00 - 9:00 AM	
	Toning & Stretching 9:45 - 10:15 AM	Pilates 9:15 AM - 10:15 AM	Low Impact Cardio 9:15 - 9:45 AM	Pilates 9:15 - 10:15 AM	
Yoga 9:15 - 10:15 AM	Cardio Splash 9:00 - 10:00 AM		Deep Stretch 9:45 - 10:15 AM	Cardio Splash 10:00 - 11:00 AM	
Cardio Splash 10:00 - 11:00 AM	Chair Aerobics 10:30 - 11:00 AM		Cardio Splash 10:30 - 11:30 AM	Chair Aerobics 10:30 - 11:00 AM	Zumba 9:30 - 10:30 AM
Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM		Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM	Aquatics Cardio/Strength Mind/Body
Zumba/Strong 6:15 - 7:15 PM	Zumba 6:00 - 7:00 PM		Zumba 6:00 - 7:00 PM		
Pilates 7:00 - 8:00 PM		Pilates 7:00 - 8:00 PM			

Fitness Class Descriptions

Beginners Yoga:

Slower paced than an all-level class & focused on developing clean and safe alignment in foundational poses.

Cardio Splash :

Exercises include variations of water exercises with cardio and weights which are emphasized using pool noodles

Chair Aerobics:

Pull up a chair and let's do some aerobics! This class takes your traditional aerobic exercise and adapts the positions so that anyone can do it. Stay toned and fit while gaining strength and endurance.

Low Impact Cardio:

Exercises that increase your heart rate while minimizing the amount of stress or impact you put your joints under.

Pilates:

Uses breathing as a focal point to work on flexibility, strength, and posture.

Power Up :

Strength Training, Cardio, Ab work, with some high intensity exercises that will improve your strength, endurance and boost your DAY.

Toning & Stretching / Yoga:

Aerobics are used to warm-up and raise your heart rate. Weights, Swiss balls, tubes, etc. are used for toning. You will use breathing as a focal point to work on flexibility, strength, and posture.

Water Therapy:

Targets those who suffer from a variety of bone and joint problems. This program helps to promote weight loss, toning, strength, increase range of motion and improve stability.

Zumba:

Combination of Latin and international music combined with active dance elements to make exercise fun and effective.

Zumba/Strong:

Combination of Latin and international music combined with active dance elements to make exercise fun and effective. A high intensity interval training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

**All classes are subject to change
and may be taught by any of our
qualified instructors.**

McLeod
Health & Fitness Clarendon